

**"I WISH I KNEW IT SOONER
WHAT I KNOW NOW"**

**GUIDANCE
TO A BETTER LIFE**



About Martinak - Life Without Boundaries
www.aboutmartinak.com

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Hi, I am Martina and I help people to live their "Life Without Boundaries". This is my short guide of some tips and advice to help you on your journey to a better life.

All the lessons I have learned are straight from the school of real life.

I wish I knew sooner (then) what I know now":

I picked up some of them naturally along the way and some lessons I had to learn in order to survive, the hard way - some of them really had to kick my ass for me to get it! Often, it was only after paying a harsh price that I finally got it. Many things only became clear to me after I became an Entrepreneur. When I had not any time left and decided I will make it.

I definitely don't "know it all" and I don't want you to think I am perfect. I am far from that and I am still going to face challenges just like you and everyone else. I will no doubt we will making mistakes in the future, although hopefully not as many!

I re-read and remind myself of the Fundamental Principles of the Universe over and over again. This is what keeps me grounded and feeling positive that any crisis or challenge I face is actually a chance to learn and grow.

Although I have read it, again and again, I find something new each time I read through it. I find it stimulating and encouraging to learn or discover something new every time and I hope you will too.

I know that if I had known some of these things sooner, I could have made different, better choices earlier and discovered this fulfilling life I have now, sooner.

This is the reason I decided to write this guideline - I'm hoping you will pick up some new information that will help you too. It's all about giving you a hand and an opportunity to learn from the mistakes of others.

This is my aim... to tell you about the basic principles that can work for anyone, anywhere and anytime. At one time in my life, I had no idea they existed and I had to find out about them through trial and many errors!

My wish is to give you a hand and a little help if you need it - to save you from making some of the mistakes I made. But have no fear, I'm sure you have and will make a few all of your own!

With Love from,

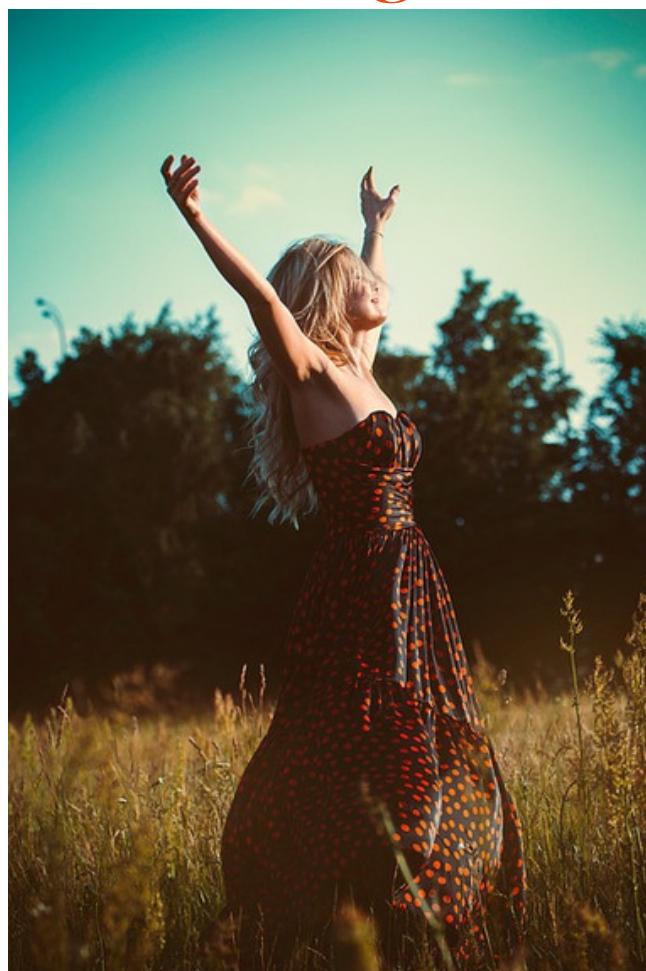


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Declaration

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Declaration Greater Is Working In MY LIFE, Right Now!



What you will find here

ASK!

**BREAK
YOUR
rules**

**It is OK to say YES
and NO**

**make your wish
come true**

BE THE BEST VERSION OF YOU

forgive

**LOOK AFTER
YOURSELF**

**live for the
moment**

LEARN

ASK!

I came to London when I was 20 years old. I was young and inexperienced – I didn't know the language, I didn't know the city or the culture, I knew nothing about the big wide world.

I was sitting with my family recently, we were reminiscing about those early days. They wondered how the heck I had managed to even survive never mind succeed. I smiled at them gently and answered: “I asked!”

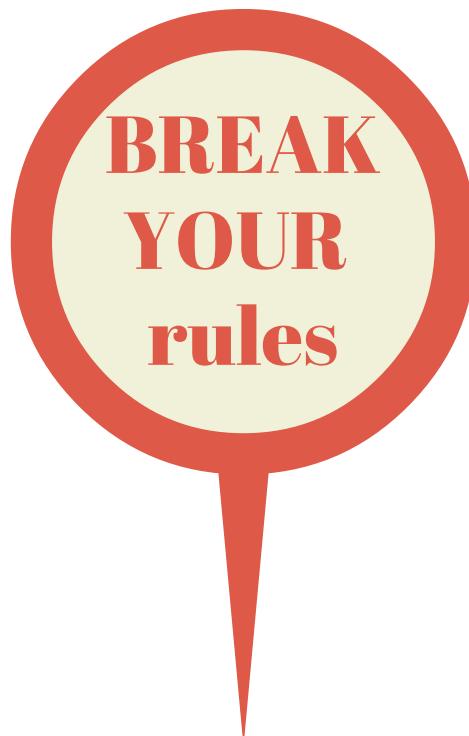
It is nothing special about going to the unknown world. If you get lost, you ask. If you do not know something you ask. If you don't get the right answer, you keep asking - someone will know the answer. It really is that simple! There is no shame or loss of face in asking – none of us were born knowing everything.

I can't explain how, or the secret behind it – I just know it always works. For anyone, anywhere and anytime. Whether you are lost, looking for the right answer, or need to meet the right person with the right answer for you - you just need to ask. Trust me it works for me and it will work for you too.

So don't be afraid to ask for directions, for help, for advice or for the answer to anything else. It will save you money, time, effort and your energy. It costs nothing to ask - asking is free! Ask until you get what you want and need.

**He who does not speak will get
no help from God.
Mexican proverb**





When I say “Break your rules” I mean specifically the rules you have made for yourself. Rules are rules for a reason, they are there to protect us and others. Sometimes we set limits on ourselves and confuse them as rules. Those are the “Rules” I am talking about.

Break your rules which do not serve you! I had to learn this lesson the hard way. After repeating many of the same mistakes over and over I began to realize that many of my rules were created only in my head and had been set with my limited experience of life. The world can work differently to what you are comfortable with and the rules are sometimes very different.

What is right for me does not have to be right for you or another person but there is no harm in giving consideration to other people who are successful – some rules are universal.

Break rules which do not serve you! Go back to your past and think about your “right battles” – those times when you insisted you were right. Was it really worth it? Yes, maybe you were right but what did you gain? Was being right worth the “price” you paid?

Every coin has two sides but just because you can see only your side at the moment, doesn't mean there isn't another side or that another side has less value.

Break those rules which do not serve you anymore. Break your "need to be right at any cost" and let it go. Think about the price you have to pay for it, about the consequences. Break those barriers in your mind that are holding you back, those beliefs you formed long ago. There is something better waiting for you!

A Saint was asked: "What is anger?" He gave a beautiful answer: It is a punishment we give to ourself, for somebody else's mistake.





Learn the rules of your mindset. Learn how to get what you want instead of what you do not want.

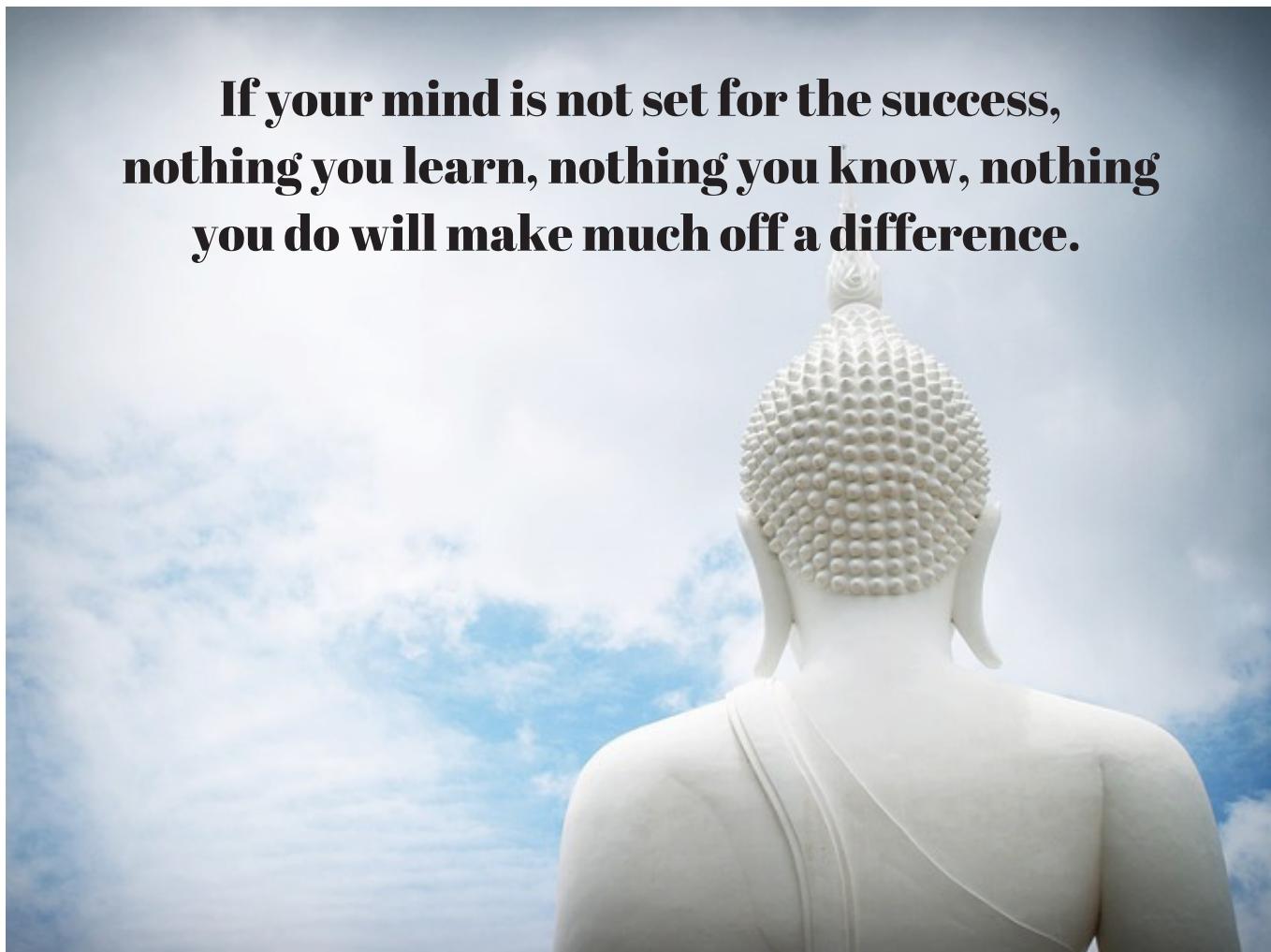
Working hard is not enough. You need to learn how to work smart. It all starts with the right mindset. Relocating your body is not enough. You need to know how to relocate your mind to get what you want. There is no point in moving thousands of miles away if you take your old way of thinking and doing things with you!

I worked hard for almost 15 years. I'm not bragging, but I wanted to be successful. Sadly no matter which company I worked for or which country I went to I was getting the same results – which was nowhere slowly! I was exhausted and very disheartened but that all changed when I learned I needed to change how I thought... I had to learn how to reprogram my mind.

Often, we do not even realize or we are not aware what is written in our subconscious mind. Some things we have carried with us from early childhood and some are just self-defensive barriers erected out of fear.

The first step is awareness – you can't fix it if you don't know what. You need to be aware of the thoughts which are lies or no longer relevant to you. This is crucial as we are programmed from a young age with lies and misinformation which we tend to believe are true. They tell us what we can not do instead of what we can, that we are not good enough or that we do not deserve happiness. To move forward you need to reprogram your mind.

**If your mind is not set for the success,
nothing you learn, nothing you know, nothing
you do will make much off a difference.**



It is OK to say YES and NO

It is OK to voice your opinion. It is OK to say YES and it is OK to say NO. It seems so obvious but it took me a while to learn to say NO.

I was too afraid of losing some people that eventually I lost myself. I was a “people pleaser” but the harsh reality is you can’t please everyone. I have learned how to tell my honest opinion as well as to hear and accept it from others.

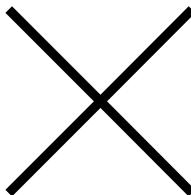
People, who really matters to you, are either going to find value in what you have to say or they are not. They are certainly not going to value your opinion if they do not respect you. Being a people-pleaser may “buy” their attention while it serves their interests but it won’t change their feelings about you.

Like me, you too could lose yourself trying to mirror your opinion to theirs. You can please them at the expense of your own. That is a very high price to pay.

It is your purpose to make yourself happy. You have to rescue yourself by being true to yourself. Nobody else will do it for you!

If you do not stand for something, you will fall for anything. Stand for yourself. It is OK to say Yes and it's Ok to say No.

*Saying NO
means*



*you know your
limits*

Make your wish come true

You have only one life. It is YOUR life and time goes quickly and when it is gone you can't get it back. It is gone. Yours is like any other life - it is your job to make YOU happy. So make sure you don't have regrets by wasting it!

Make your wishes come true – not just the big ones but the small ones too. Don't put off or postpone your wishes, waiting for a better time. There may never be a better time, it may never come. Learn and live in the present, for the moment.

Do not be afraid to dream big. Remember, your imagination is the only limit you have.

Do not feel guilty for having your dreams. Do treat yourself. Our mind needs treats as well discipline. Learn to treat yourself without guilt. Your mind, your body needs this, it is natural. So be good to yourself. Take care of yourself. Love yourself.
If you don't do it - nobody else will do it for you.

**You are braver than you believe, stronger than you seem,
and smarter than you think**



Be the best version of you

Be the best you can be. Even if it is just small steps, in the beginning, make sure you get better and better every day, month after month and year after year. Every positive change is a step closer to your goal.

Do not compare yourself with others. You are already great as you are. You are so special. You are unique. You are you. There is no other version, no other copy of you. Nobody thinks, looks, loves or feels the same way as you do. Nobody can be a better you than you! Go out and rock it, baby!

The only person who can make you a better you, is.... well YOU. It is your job to make the best of what you have. Only you can look at yourself and decide what you can improve. Take an honest look (I know! Scary but you can do it!) and see where you need to grow. It is your job to become the best version of yourself.

You can only find happiness within yourself. You won't find it anywhere else, not in somebody else, not on the road or in any other country, you need to look for it inside of you. Whatever you do, whatever makes you happy, make sure you do your best.

It all starts within you!

START WHERE YOU ARE
USE WHAT YOU HAVE
DO WHAT YOU CAN



The life sometimes does not go the way we imagined. Life brings us ups and downs. We know it, it's the way it is.

I believe everything happens for a reason. If somebody hurts you, think what lesson you can learn from it. If something goes wrong, use it as a guide on what not to do when you try again.

Some lessons will hurt more than others. When that happens, always ask yourself what is that lesson is trying to teach you. How does it make you stronger, better, wiser? We may not always understand why is it happening or we do not see any logical reason for it at that moment.

Only the time will heal and asking “why” may not be answered. “Why” is like a rabbit hole. It keeps you digging and searching and looking for the reason. The reason doesn’t matter. What matters is what you’re going to do next - that’s what moves you forward “Why” keeps you in the past.

As the life goes on we all, as well as you, make mistakes, nobody is perfect. You know yourself.

Learn to forgive, not because those who have harmed you deserve it but because YOU deserve it. Holding on to that negativity clutters up your mind and leaves no room for anything positive.

More importantly, forgive yourself. Don't beat yourself up – let it go. Each mistake you make is there to teach you a lesson. As soon as you understand this, the better it is for you. So forgive yourself for everything you have done or not done and learn. Because there are no mistakes, just learning curves.

Holding a grudge doesn't make you strong. It makes you bitter. Forgiving doesn't make you weak. It sets you FREE.



LOOK AFTER YOURSELF

Your health is one of the most precious things you have – without it, nothing else has much value. Look after it as best you can. You have only got one body. The body which is there to serve you. To do everything for you. To do every job you request of it.

Love your body just the way it is. You are beautiful. Sure, you may need to take better care of it, but what you have is you and you are amazing. Keep it in the best condition you can by eating correctly and exercise in moderation, in a manner that is appropriate for you. Love your body and love you – don't skimp on this! Make sure you do the best you can.

Be thankful every day that you are able to see the beauty in this world, to hear music and words from people who are there for you, to smell and taste colorful and delicious flavors in food, to go to and explore new places you have never been to before. To touch and feel those who are by your side and who give you love, who support you and who make you laugh.

**Do not forget to fall in
love with yourself first.**





Do you wait for better days only to realize that another year has passed and nothing has changed... no miracle has happened... no prince on a white horse came to rescue you?

I used to wait ... I waited for almost 15 long years! Then I realized that no one was going to come and rescue me and there were NEVER going to be any days that were better! It was up to me to create my own miracle and rescue myself!

It is a sad truth that death can happen to any of us at any time. It is the one thing you can be sure of – we are all going to die someday. After the unexpected death of a very close relative, it was brought home to me that I just had too many hopes and dreams that had not happened yet. Did I want to have regrets when I passed... regrets that I had not lived my life to its fullest? I have no idea how much time I will be blessed with but every moment I let go is lost forever.

There are no do-overs, there is no pause button, no reverse and no “wait I’m not ready“ – TIME WAITS FOR NO (WO)MAN.

I am a pretty fast learner so after the “IMPORTANT Life LESSON“ of death which I experienced, I knew that living means to LIVE for the present, for the moments which you have. For the Now.

Learn how to live for the moment. Be really present where you are. Enjoy what you have got. Live for those who are around you, those you care about because those moments may not happen again. Those moments are there for you for a reason, so be truly thankful for what is and how it is.

TIME waits for none. Be careful that you can live with what you loose.



LEARN

Life is about lessons and learning at the big school of a real life. Learn whatever you can from whoever you can. Learn from everything that happens to you because everything is there for a reason.

Learn about yourself, learn to know yourself, become more self-aware. Know when or how you perform the best, what your strengths and weakness are. Know what you really want, what you love and who you are. What motivates you and what does not.

Learn who do you have to become do get everything you want. Learn about what you already know and also what you have no idea about. Be curious, be open minded, learn to give, to share, to receive. Learn how to get more of what you have. Learn how to help others.

There is so much to learn. The first step is the awareness and from there it is only a small step to make it happen. So learn what you do not know yet - because if you have not done it yet, you still do not know it!

Learn new skills and never get too comfortable thinking that you already know enough. A day when you don't learn something new is a day wasted. When you learn, you grow and when you grow you know you are alive.

Learn whatever, whenever and wherever you can!



MY MESSAGE

TO YOU

My wish and the purpose of this guide are to spread some life knowledge to all of you who may need it.

I know how it feels to fail, to get it wrong over and over again. I know how hard it is when there is nobody by your side to tell you “there is another way“ of doing or thinking.

I want to help make life a bit easier for you - life is hard and it is not always fair. Why not make it easier for each other when we can? I can because I have already walked some of this journey and I have learned a few things along the way. This is the reason why I became the Entrepreneur and decided to learn more and share what I already know in a digital world.

It isn't mine to keep it to myself so, if you have found my booklet useful please, do the same. If you know somebody who could use some help, feel free to share it with that person.

If you know something that can help others, and I am sure you do, pass it on - share that knowledge, your wisdom, your experience with others.

The best way to share your message and help as many people as possible in a digital form. Let me teach you some digital skills and share it in the bigger picture. Help those who need your help right now by learning how to share what you have and what you know by going digital.

Learn how to give and shall you receive. If you give more you will receive more. Simple as that. This is the last lesson which I want to share with you. Enough of my wisdom :-).

why going digital?



Work Smart

Have you been told repeatedly „you need to work hard“? So I had! I left home when I was 18 and I have been working hard ever since. The problem was, the harder I worked, the less happy I was. Eventually, I realized that working hard is just not enough. So I started to work SMART instead. And you should too. Working for yourself. Doing what YOU love. Building multiple income streams. Building passive income. Earning while you sleep, travel or just doing nothing!

Having a Choice

Having a choice means having freedom. You can CHOOSE to be true to yourselves; choose to follow your heart. You have that freedom of choice to do what you love, to choose to live a different life. You can choose to do whatever you want. Choose to be successful AND happy at the same time! Choose to be happy and rich. Choose both. Because you can. Your outer world is the reflection of your inner world.





Give

The more you give the more you receive. How simple and brilliant is that? It works with everything. Whatever you give, you will receive back. I have learned to give as much as I can. My giving includes my vision, my beliefs, love, support, knowledge, and my experience. How to be human to each other. I want to share the humanity with others, to share it with the rest of the world and inspire as many people as possible. To inspire YOU too! Learn what you already have, know and who you are. There is so much each of us can give and do to help each other.

Be Somebody

Who do you want to become to get everything you want? What kind of person do you want to be remembered as? What do you need to know to become that person? It all starts within you. Learn as much as you can and soon you will find out you can do anything. The sky is the only limit. Be Somebody and Get What You Deserve!

„You yourself, as much as anybody in the entire universe deserve your love and affection“ - Budha.



Travel Whenever and Wherever

Yes, you can! With a Laptop Lifestyle you can... take your laptop and go anywhere you want. Live 6 months on Bali or travel anywhere you want, anywhere in the world - because you can. Are you imaging it? Lying on the beach while earning money? These days the Internet gives us countless possibilities; you aren't tied to one place or one country anymore. For me, traveling means exploring... exploring new places, new cultures, new food, new perspectives, new possibilities. Traveling and earning at the same time has never been easier!

Earn and learn

Earn and learn at the same time too! You don't have to wait a few months or even a few years to complete your studies. You learn by applying your knowledge into practice; Yes, what you read, you get which is why this tool is so powerful. Maybe you need to learn everything about the digital world from the scratch but it doesn't matter how much experience you have with the internet. We have everything that you need to get you started. One of the first things you will learn is that there is no such a thing as a failure.

„You can never learn less; you can only learn more. The reason I know so much is because I have made so many mistakes.“ - Buckminster Fuller



Live and Enjoy NOW

"Time is what we want the most but we use worst".

William Penn

Time is the most precious thing we have. We can't stop it, can't reverse it and can't buy it - as we grow older we realize this even more. By being an Entrepreneur I learned how to live for the moment, how to be grateful for all that I have at this moment and how to appreciate it. I've learned to give my spare time to those who need me now and how to enjoy the little things which matter the most. Life is more than going to work and paying bills. Life can be sooooo beautiful... it's wonderful - you should see it NOW!

BE – DO – HAVE

Our goal is to help you to grow into the best possible person you can, to get everything you want. Everything you learn you can apply to any product, situation or business. Just imagine the power of the knowledge and set of skills you will learn.

what is next?

To learn more about digital skills, about the online training and how it can change your life click [here](#) and book your FREE 1 to 1 consultation via skype. Or simply get in touch following my contact details below.

about me



Hi - Martina here again :-). I hope you have enjoyed my guidance to the better life and YOUR "Life Without Boundaries". I am living mine but let me tell you my story how I got there at last.

I have kept changing my 9 to 5 job trying out different companies hoping that "this time it's going to be different". I also decided to take on a Masters degree at the University for the same reason. "If I had a better education, things might change" I was telling to myself. As soon as I successfully finished my Master degree I knew nothing is going to change.

So I left my country, everything behind and decided to try my luck in London. I left with the strong hope things may be different here. Hopefully, with more companies and more opportunities. Could I have expected to get different results when I was doing the same thing over again?

I relocated my body and it was time to relocate my mind too. I knew I had to make changes in my life. To start with myself. To do what I really want! What I truly LIKE! I just didn't know WHAT and HOW I was going to do it.

I was so fed up with the corporate world, the career without fulfillment, no deeper meaning and being just another number that I ended up doing cleaning jobs. Believe it or not, it was the best thing that happened to me. I was meeting different people whose life was more than going to work and paying bills. People who opened my mind and told me to work smart instead! My journey had begun.

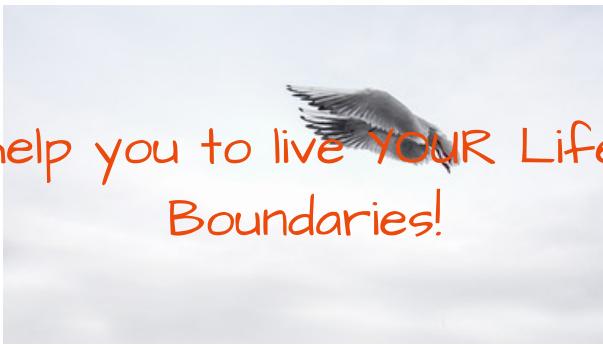
I found HOW to have it all

Everything changed when I found what I was looking for. I found people who are rich not only outside but inside too. People who showed me I can have it all because it all starts with me. People who are truly happy, free and wealthy. They have everything I have always wanted. The freedom and that human touch I was missing so much in today's world. I just wanted to be one of them.

They have not only given me the direction and purpose I was looking for. They have shown and taught me the power of digital skills - once you learn those skills you can sell anything, anywhere and anytime - I knew I can not go wrong with online marketing.

I now live the life I deserve. I am able to earn the money for things I want to do. I have got the freedom to travel where I want, freedom to work when I want. I have got free time to do things I love and more time to spend with people I love.

Above all, this platform of living gave me ability to love what I do and have lots of fun with it. I am surrounded by a like-minded people, I am learning and growing on a personal level alongside my business. The business in which the work is actually fun. The business model when it all starts within you. The online business which is based on strong values. I am living my dream! My Life Without Boundaries.



Let me help you to live **YOUR** Life Without
Boundaries!

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